

# DISABILITY NETWORK DIRECTORY

## Health and Wellness

### **Alzheimer's Association**

#### **National Capital Area Chapter Headquarters**

3701 Pender Drive, Suite 400  
Fairfax, VA 22030  
703-359-4440 (V)  
1-800-272-3900 (24-Hour Helpline)  
1-866-403-3073 (TDD)  
E-mail: [info@alz.org](mailto:info@alz.org)

[www.alz.org](http://www.alz.org)

Alzheimer's information, diagnosis, medications, current research, support groups, community education, and community resources such as respite care, adult day care, home health care, and hospice care. Service Calvert, Charles, Montgomery, Prince George's, and St. Mary's Counties.

### **Alzheimer's Disease Research**

#### **American Health Assistance Foundation**

1-800-437-2423 (Toll Free)  
E-mail: [info@ahaf.org](mailto:info@ahaf.org)

[www.ahaf.org/alzheimers](http://www.ahaf.org/alzheimers)

Provide information, research updates, treatment options, question and answer sections, and patient resources.

### **American Amputee Foundation**

P. O. Box 94227  
North Little Rock, AR 72190  
501-835-9290 (V)  
E-mail: [info@americanamputee.org](mailto:info@americanamputee.org)  
[www.americanamputee.org](http://www.americanamputee.org)

National information clearinghouse and referral center serving amputees, their families, and care providers. Studies, product information, available services, and self-help publications and articles concerning amputation and related conditions.

### **American Association on Health and Disability (AAHD)**

110 N. Washington Street, Suite 328-J  
Rockville, MD 20850  
301-545-6140 (V)  
E-mail: [contact@aahd.us](mailto:contact@aahd.us)  
[www.aahd.us](http://www.aahd.us)

Research, education and advocacy organization that contributes to national, state, and local efforts to prevent additional health complications in people with disabilities, and identify effective intervention strategies to reduce the incidence of secondary conditions and the health disparities between people with disabilities and the general population. Promote health and wellness for people with disabilities.

### **American Diabetes Association**

Attn: Center for Information  
1701 North Beauregard Street  
Alexandria, VA 22311  
1-800-342-2383 (Toll Free)  
E-mail: [AskADA@diabetes.org](mailto:AskADA@diabetes.org)  
[www.diabetes.org](http://www.diabetes.org)

Provide information on nutrition, fitness, lifestyle and prevention, community programs and local events, and fund research to prevent, cure and manage diabetes.

### **American Lung Association in Maryland**

211 East Lombard Street, #109  
Baltimore, MD 21202  
443-451-4950 (V)  
1-800-548-8252 (Lung Helpline)  
E-mail: [lungmd@lungusa.org](mailto:lungmd@lungusa.org)

[www.lungusa.org/association/states/maryland/](http://www.lungusa.org/association/states/maryland/)

Educational programs cover a range of topics, from general information about clean air and healthy lungs to information about specific diseases. Offer programs for adult and teen smokers who want to beat the addiction.

### **Arthritis Foundation**

#### **Metropolitan Washington Chapter**

2011 Pennsylvania Avenue, NW, 6<sup>th</sup> Floor  
Washington, DC 20006  
202-537-6800 (V)  
E-mail: [info.mwa@arthritis.org](mailto:info.mwa@arthritis.org)  
[www.arthritis.org](http://www.arthritis.org)

Disease center, drug information, research summaries, advocacy, and events and programs.

*Montgomery County Government does not endorse or assume responsibility for any product, method, service or treatment listed in this resource directory that is not a County program.*

Alternative formats of this document are available upon request.

240-777-1246 (V) • MD Relay 711 • [Carly.Clem@montgomerycountymd.gov](mailto:Carly.Clem@montgomerycountymd.gov)

**Asian American Health Initiative****Montgomery County Public Health Services**

1335 Piccard Drive

Rockville, MD 20850

240-777-4564 (V)

E-mail: [info@aahiinfo.org](mailto:info@aahiinfo.org)[www.aahiinfo.org](http://www.aahiinfo.org)

The multi-lingual telephone line assists callers with navigating Montgomery County health resources, gaining access to disease prevention screening programs, providing information and referrals to County health services, assisting with interpretation needs over the phone, and disseminating information about health service options available to eligible community members. Multi-lingual interpreters help overcome communication barriers by assisting them with scheduling appointments at County safety net clinics (for eligible low income and/or uninsured Montgomery County residents); providing on-site, face-to-face medical interpretation during appointments; and assisting with translating patient education materials, patient registration, scheduling follow-up appointments, and explaining medical procedures as needed.

**Asthma and Allergy Foundation of America****Maryland-Greater DC Chapter**

17 Warren Road, Suite 13A

Baltimore, MD 21208

410-484-2054 (V)

E-mail: [info@aafa-md.org](mailto:info@aafa-md.org)[www.aafa-md.org](http://www.aafa-md.org)

Offer educational programs and tools for patients, caregivers and health professionals. Health fairs and workshops, support groups, and free asthma screenings for people with breathing problems.

**Center for Disease Control and Prevention**

1-800-232-4636 (24-Hour V)

1-888-232-6348 (24-Hour TTY)

E-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)[www.cdc.gov](http://www.cdc.gov)

Health promotion, information on prevention of disease, injury and disability, and preparedness for new health threats.

**DeafMD**[www.deafmd.org](http://www.deafmd.org)

Provide health education videos for the deaf and hard of hearing in their preferred language. Also maintain a database of deaf-friendly doctors.

**LifeLine Personal Security System**

Suburban Hospital

1-800-537-7520 (Toll Free)

[www.suburbanhospital.org/services/Lifeline.aspx](http://www.suburbanhospital.org/services/Lifeline.aspx)

Personal 24-hour emergency response system.

**Office of Health Care Quality**

Maryland Department of Health and Mental Hygiene

Spring Grove Hospital Center

Bland Bryant Building

55 Wade Avenue

Catonsville, MD 21228

410-402-8000 (V)

1-877-402-8218 (Toll Free)

E-mail: [ohcqweb@dohmh.state.md.us](mailto:ohcqweb@dohmh.state.md.us)[www.dohmh.state.md.us/ohcq](http://www.dohmh.state.md.us/ohcq)

License and certify Maryland state health care facilities, and monitors their quality of care. Call to make a complaint about a health care facility or community-based treatment program.

**Office of Women's Health**

U.S. Department of Health and Human Services

200 Independence Avenue, SW, Room 712E

Washington, DC 20201

202-690-7650 (V)

[www.womenshealth.gov/owh](http://www.womenshealth.gov/owh)

Website offers information on disabilities, laws, statistics, access to health care, financial assistance, abuse, parenting, sexuality, and links to advocacy groups in the private sector.

**Planned Parenthood****Silver Spring Center**

1400 Spring Street, Suite 450

Silver Spring, MD 20910

301-608-3448 (V)

**Gaithersburg Center**

19650 Clubhouse Road #104

Gaithersburg, MD 20879

301-208-1300 (V)

[www.plannedparenthood.org](http://www.plannedparenthood.org)

Provide health care services, sex education, and sexual health information.

**Rockville Pregnancy Center**

12730 Twinbrook Parkway

Rockville, MD 20852

301-770-4444 (V)

E-mail: [rcpc@rcpc.org](mailto:rcpc@rcpc.org)[www.rcpc.org](http://www.rcpc.org)

Licensed medical clinic and pregnancy counseling organization. All services are free of charge.

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**Women's Cancer Control Program**

Mid-County Health Center  
2424 Reddie Drive  
Wheaton, MD 20902  
240-777-1750 (V)

Provide yearly breast and cervical cancer screening and follow-up for low income, uninsured/underinsured female residents of Montgomery County aged 40 and older. Limited nursing case management services, as well as assistance linking to other community and state resources as appropriate, are available. Screening services are provided at various contracted physician and radiology facility sites through the County. Referral required.

**YMCA's Diabetes Prevention Program (YDPP)**

Irmina Ulysse, YDPP Director  
202-862-9622 x 3171 (V)  
E-mail: [ydpp@ymca.org](mailto:ydpp@ymca.org)  
[www.ymcadc.org/programs/Pages/DiabetesPreventionProgram.aspx](http://www.ymcadc.org/programs/Pages/DiabetesPreventionProgram.aspx)

Helps change your lifestyle by learning about healthy eating, physical activity, and other behavior changes over the course of 16 one-hour sessions. After the initial 16 core sessions, participants meet monthly for added support to help maintain progress. Classes are held in the DC Metro area.

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